

Dad's Toolkit 6-12 Months



Sometimes as a dad you may feel awkward, but as your baby grows you will develop a very special relationship.

Dad, you play a unique role in the way your baby grows. You encourage your children to think differently which will help them in school and beyond!

Dad's do it differently

(and that's a good thing!)

- Moms and dads have different ways of handling babies. They have their own unique styles.
- Differences in holding and playing with your baby have a positive influence on brain development.
- Differences can result in better coordination, which can help in physical development and sporting skills.
- Dad's involvement is important in the development of bonding.

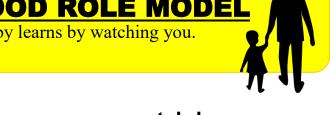


Bonding with Baby

- **★ Take a walk** There are healthy benefits for both of you!
- ★ Dance Put on some music and dance around the room with your little one.
- ★ **Set a table for two** Have breakfast or lunch together.
- ★ Encourage exploration From a rough beard to a silky moustache to a crew cut little fingers love learning about you and their world!
- ★ Repetitive sounds Da-da, ma-ma, ba-ba are the first sounds your baby can make. Repeating these helps your baby connect to his language, world, and to you!
- ★ Make a play date Setting aside special time for the two of you lets him know he is special and that you'll be there for him.
- ★ Keep your promises Your baby will learn from you. Teach him to trust by doing what you say you are going to do.
- **★ Play peek-a-boo** Doing this builds your baby's skills at communicating and expressing emotions.
- ★ Blocks, balls, cars and dolls These can be played with in lots of different ways.
- ★ **Build a tower** Babies will especially love knocking it down.
- ★ Be an actor Read books using different voices. Your little one will love it!
- ★ Get down on the floor to play at baby's level.
- **★** Tell baby you love her.



Your baby learns by watching you.







www.gtchd.org

Check out these websites for FREE info!

National Center for Fathering: http://www.fathers.com/

Mr. Dad: http://mrdad.com/

National Responsible Fatherhood Clearinghouse: https://www.fatherhood.gov/

Great Dad: http://www.greatdad.com/

Dad's Adventure: http://www.dadsadventure.com/

Teach Early: http://www.teachearly.org/





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Check out <u>www.gtchd.org/1973</u> for additional resources for moms, dads, and babies.